



Message from our CEO

May is Mental Health Awareness Month! As a behavioral health agency, ACTS is pleased to join others to raise awareness of trauma and the impact it can have on the physical, emotional and mental well-being of children, families and communities. In recognition of Mental Health Awareness Month, we are sharing 10 common mental health warning signs to look for in yourself and loved ones later in this newsletter. As a full-service behavioral health care agency, ACTS is here to help you – we are only a phone call or visit away.

In April, I was fortunate to take part in a safety and justice task force meeting in Tampa listening to community leaders share ways to tackle the root causes behind a recent spike in violent crime and drug abuse in the state. Tying back to Mental Health Awareness Month, more than a third of people behind bars have been diagnosed with a mental health disorder. Organizations like ACTS can help decrease this number because community diversion works. To see a news story about the local summit, [visit here.](#)



Asha Pereyra
ACTS CEO

ACTS Holding Open Interviews for BHTs - Wednesday/ Thursday



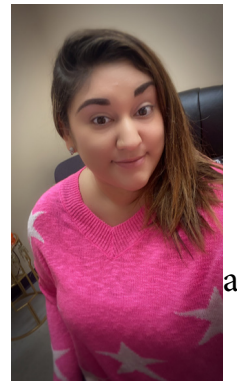
[Join our team!](#) ACTS is doing on the spot interviews for Behavioral Health Technicians (BHT) positions throughout the agency on Wednesdays and Thursdays at our main office. BHTs provides support to persons served by guiding and encouraging their participation in daily treatment related activities aimed at improving their life situations.

Please visit our website, www.actsfl.org, to apply online, before coming in for the open interview. Call 813.246.4899 and ask for LaDonna to schedule an interview or come in during 9 a.m. - 3 p.m. for a first-come, first-served appointment.

Starting pay is \$15, with additional compensation available for education or certification. Full benefits available for F/T employees and select benefits for P/T employees. Walk out with a new career!

Meet Samantha Ochoa

Samantha Ochoa started working at ACTS in September 2021, and currently is the program supervisor and case manager with the Enhanced Offender Diversion (EOD) program. EOD provides services to 40 individuals annually who have committed a felony and present with a serious mental health diagnosis, said Samantha. Samantha oversees two other case managers, and has client caseload. ACTS provides intensive case management services during this program, said Samantha. “Our staff have contacts with clients weekly for up to 18 months while they are enrolled in the program,” she said. “About 90% of our clients graduate successfully and have their charges closed out as time served.” EOD receives clients from both State Attorney’s Office and Public Defender’s Office with common charges being assault, battery and drug charges. “I love seeing the progress of the people in this program,” Samantha said. “It’s super rewarding to see the client’s growth through the help of EOD – recently, I had a client who was excited to schedule and go to a dentist appointment. They were overjoyed to not only be taking care of their mental health, but also their physical health.” To find out more about the EOD program, call 813.246.4899.



May is Mental Health Awareness Month

Mental health conditions have 10 common warning signs that should be taken seriously. If you or someone you know experiences one or more of these signs, you should talk with trusted family, peers or mentors and seek assistance. ACTS is here to help – call us at 813.246.4899.

1. Feeling very sad or withdrawn for more than two weeks
2. Severe, out-of-control risk-taking behaviors
3. Sudden overwhelming fear for no reason
4. Not eating, throwing up or using laxatives to lose weight
5. Seeing, hearing or believing things that are not real
6. Repeatedly and excessively using drugs or alcohol
7. Drastic changes in mood, behavior, personality or sleeping habits
8. Extreme difficulty in concentrating or staying still
9. Intense worries or fears that get in the way of daily activities
10. Trying to harm oneself or planning to do so

Source: NAMI

For More Information

ACTS, Agency for Community Treatment Services, Inc., is a non-profit serving the Tampa Bay area since 1978. As a comprehensive, community-based behavioral health organization, ACTS mission is to apply the best of contemporary physical and behavioral health interventions and social support services available to assist individuals and families to engage and succeed in recovery. Call us today to find out how we can help you - 813.246.4899 or visit us online at www.actsfl.org.

